

**St. Cecilia's Public School**  
**ESTABLISHING 'OIL BOARD' IN SCHOOL**

**TO PROMOTE HEALTHY LIFESTYLE AMONG STUDENTS**

**BY ECO CLUB**

**FOR CLASSES I TO XII**



In Compliance with CBSE/Director(Acad)/2025 – Circular No.: Acad-45/2025, Dated 15.07.2025, Eco Club of St. Cecilia's Public School, Vikaspuri, New Delhi, established 'Oil Board' in school to promote healthy lifestyle among students. This initiative supplemented the establishing of 'Sugar Boards' in schools according to Circular no.: Acad/2025 Dated 14.05.2025. Student warriors of Eco Club came out in full support of promoting healthy eating habits in students and established the aforesaid boards as an expression of the same.

Circular stated that data points out that there is a sharp rise in obesity among both adults and children. As per NFHS-5(2019-21), over one in five adults in urban areas are overweight or obese. As per the Lancet GBD 2021 obesity forecasting study, published in 2025, the number of overweight and obese adults in India is projected to rise from 18 crores in 2021 to 44.9 crores by 20250, making it a country with the second highest global burden. Prevalence of childhood obesity is impacted mostly by poor dietary habits and reduced physical activity.

Keeping in view the above-mentioned facts, Eco Club put up the 'Oil Board' in school premises to raise awareness on harmful consumption of oil. Also, school's diverse activities endorse healthy meals and increasing physical activities to express complete solidarity to the cause. Madam Principal, Coordinators and all the teachers motivated the students for making it a continued lifestyle change.